

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 6!

So, we now know our Values and where and what we need to help us be more grounded.

We now have the tools to help us step away from fear, and remember when you do this you step into love and confidence.

TODAYS LESSON -DAY 6 – LETTING GO



So you really do want love so let's see it come in.

Let's see it start with your happiness.

It comes from the inside out and now you're learning to love yourself more, by knowing yourself more.

Tap into your energy and feel your happiness. If you come from a vibe where you are in fear, go back to your Values and see what is important to you.

So you meet someone and feel they are the one.

You really really want this person.

Stop looking from the outside, look in first and you will reflect what you are giving.

I have this client Sara and she's on her 3rd date. She likes him so much she's stressing about him not texting enough. She's chasing him and texting him like mad.

She's got that anxious attachment style. (we will cover later in the course). She didn't feel loved when she was growing up. She was the eldest and needed to feel more love.

She needed to step away from her patterns of that neediness and feel more confident. I helped her let it go and move on and stop blaming. She needed to believe and fill herself up with love so she could bring in that secure person. Step away from want and believe she HAS it. Through meditation and helping

her to focus she was able to get rid of that block. She realised her reality was a reflection of her life. So by believing she was happy now and letting go she realised she was able to attract a happy positive person rather than a needy person who was mirroring her. When you're broken you will attract broken people.

It is all about our energy. This is vital. You are letting go of your blockages.

So you need to write out your DREAM and get rid of that block.
You need to believe you HAVE it.

You need to stop listening to that inner child and stop blocking and believe this person is on their way. There is no rush, just believe it will happen.
When you're secure and happy in yourself you will attract that RIGHT person.

So FEEL your full of love and start believing in the Power of Repetition.
"I believe this fab. a person is out there for me.
I'm a great catch.



Day 6 - Homework

Let's try that meditation. Let me know how this is working for you. Let that energy into your body. When you feel it you heal it!

Write out that person who is in alignment with you.

Reflect on yourself and make sure you are feeling happy in you and smile and draw that positive person who mirrors you towards you (Like a magnet!)

SEE YOU TOMORROW!

With Love, Sharon Kenny xx

"I didn't invent MatchMaking....I PERFECTED it!"

SUPPORT / QUESTIONS ETC

WhatsApp me anytime directly at
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SOCIAL LINKS

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